



Dial 'T' for intervention

Nova Scotia's telephone-counselling program Strongest Families is being expanded across the province **PAGE 2**

HEIDI'S HAPPY HAUNTED HOLIDAYS

KLUM'S ANNUAL HALLOWEEN BASH, RUINED BY SUPERSTORM SANDY, TURNS INTO DECEMBER BENEFIT **PAGE 14**



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Tuesday, December 4, 2012

News worth sharing.



OFF TO JUNIOR CAMP

Halifax Mooseheads forward Nathan MacKinnon practises with his team on Monday. The 17-year-old forward from Cole Harbour was one of two Mooseheads named to the selection-camp roster for the Canadian junior team. **Story, page 21. JEFF HARPER/METRO**

A right royal expectation

The duchess is due. World, including Halifax, abuzz over news of Kate's pregnancy

HALEY RYAN
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Alan Williams can hardly believe the little prince he met more than 20 years ago will soon be a father. When Buckingham Palace announced Monday that Catherine, Duchess of Cambridge, is pregnant, good wishes started pouring in from around the world. Prime Minister Stephen Harper, U.S. President Barack Obama, British Prime Minister David Cameron and thousands of Twitter users sent congratulatory messages to Kate and Prince William.

Well wishes
"I just hope they're healthy and happy." Alan Williams, president, Royal St. George's Society of Halifax on the royal couple and their baby.



Kate was all smiles last week on a visit to St. Andrew's School in Pangbourne, England. **ARTHUR EDWARDS/GETTY IMAGES**

Nova Scotia's lieutenant-governor's office issued official congratulations as well, but Metro was told it wasn't an issue Lt.-Gov. John James Grant would comment on. Williams, president of the Royal St. George's Society of Halifax, said he was "very, very surprised" when he heard the news because he wasn't expecting it. "I'm very happy for them," he said. "It just caught me off guard."

Williams said he first met Prince William and his brother, Harry, in 1991, when they were touring HMCS Ottawa with their parents, Princess Diana and Prince Charles. "Time has gone by so fast," he said. Whether a boy or a girl, the child will be third in line to the throne, after succession laws were changed last October. "That question (of whether a man or woman should rule) is outdated," Williams said. Williams added he thinks a great deal of the attention William and Kate are receiving is thanks to Princess Diana. "The whole world loved Diana," he said. "The true love and affection they had for Diana transferred over to her boys."

MORE COVERAGE, PAGE 7

Exclusively online

Curious to see what the future monarch could look like? Metro used the power of the Internet and two archival photos to make our own royal newborn. See the results at metronews.ca/royalbaby.

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Liquor sales

Plenty of buzz
over booze sales

Nova Scotia's Crown liquor company is reporting a slight increase in sales in its second quarter.

From July 2 to Sept. 30, the Nova Scotia Liquor Corporation recorded sales of \$169 million compared to \$166.5 million in the same period in 2011.

The corporation's net income was nearly \$66 million, up about \$700,000 from last year.

CEO Bret Mitchell says new packaging sizes on major beer brands helped drive up sales.

But the total volume of alcohol sold in the second quarter is down 0.5 per cent from the same time last year.

Wholesale sales, such as those at bars, restaurants and stores, were \$31.1 million, a decrease of about one per cent.

THE CANADIAN PRESS

Latest jobs

Irving shipyards
secure contracts in
Halifax, Shelburne

Irving Shipbuilding has secured several work contracts for its shipyards in Halifax and Shelburne.

At the Halifax Shipyard, the Defence Department's HMCS Toronto will dock for about 10 days later this week in preparation for a deployment in January and will require about 24 workers.

Irving says 21 workers at that shipyard were temporarily laid off on Sunday.

The company says it will also rehire many of the 48 Shelburne-based workers who were temporarily laid off in November because a firefighting tug and a Canadian Coast Guard vessel will arrive for repairs next week.

THE CANADIAN PRESS



Krista Taylor and her two-year-old daughter, Hailey Malcolm, check out an orchid in their kitchen in Dartmouth on Monday. Krista recently accessed the Strongest Families program through the public-health system when she needed help with her eight-year-old son. JEFF HARPER/METRO

More funds for counselling course

Mental health.

Program focused on
early intervention now
available to families
across Nova Scotia

A program designed to prevent childhood behavioural issues from becoming adult mental health problems is expanding in Nova Scotia.

The province will spend \$350,000 to make Strongest Families available across the province. The program is currently offered only through

the IWK Health Centre and the Cape Breton and Cumberland health authorities.

Health and Wellness Minister Dave Wilson made the announcement Monday.

"No question, early detection, early treatment, especially in mental health is key, and by this program we're seeing success," he said.

The announcement took place at the Dartmouth home of Krista Taylor, who said the 12-week program worked wonders after she and her partner broke up in 2011.

"(My son) started acting out, hitting me, yelling at me,

and I didn't know what to do," she said. "The program really helped me learn to look through his eyes and the pain he was going through."

Strongest Families provides telephone sessions with specially trained "coaches," who work through a program designed to address behavioural or anxiety issues.

Strongest Families president Dr. Patricia Pottie said the phone-based counselling is cost-effective and successful.

"Our research has shown that we were effective in overcoming diagnosable behaviour disorders post-intervention

with lasting effects up to a year," she said.

Each coach can treat up to 100 clients successfully annually, and Pottie said the drop-out rate is low at 10 per cent — likely because clients get help in the privacy of their own home, at times that fit their schedule.

Taylor said she's pleased to hear that Strongest Families is expanding.

"Because of the program, I can be the best parent I can be, and (my son) knows that I'm there to help him," she said. "He's a happy little boy."

RUTH DAVENPORT/METRO

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No injuries

Attempted robbery at Subway on Sunday night

No one was hurt during an attempted robbery at a local Subway.

Police say they responded to the Subway at 1475 Bedford Highway on Sunday night after a report of a robbery.

A man wearing sunglasses and a scarf over his face walked into the store, flashed a knife and demanded money, but left empty-handed. The lone employee was not hurt. **METRO**

Crime

'Black Widow' to stand trial on attempted murder next summer

A trial date has been set for a 77-year-old woman accused of trying to kill a man only days after they were married in Nova Scotia.

Crown prosecutor Diane McGrath says Melissa Shephard — dubbed the "Black Widow" for her criminal record linked to previous relationships — is scheduled to go on trial June 10, 2013.

A little over two weeks have been set aside for the jury trial before the Nova Scotia Supreme Court in Sydney.



Melissa Shephard
THE CANADIAN PRESS FILE

tia Supreme Court in Sydney.

She was charged in October with attempted murder and administering a noxious substance after Fred Weeks, 75, fell ill at a bed and breakfast in North Sydney.

THE CANADIAN PRESS

Charges

Traffic stop yields arrest after cops find pot, bear spray, knife, ammunition

A 21-year-old man is facing several charges after police found drugs and weapons during a traffic stop in Halifax.

At about 11:50 p.m. on Sunday, an officer saw two cars racing on Bayers Road and stopped one of the vehicles. The officer found marijuana, bear spray, a switchblade and ammunition inside. **METRO**

Violence

Man arrested after allegedly pointing gun at woman

A 50-year-old man has been arrested on assault and weapons charges. Police say they responded to an incident at an apartment on Gaston Road at about 11 p.m. on Sunday in which a man allegedly pointed a gun at a woman.

The 37-year-old woman wasn't hurt. Police say they seized three rifles during a search of the apartment.

THE CANADIAN PRESS

Crime of opportunity

Nearly half of stolen cars left unlocked: Police

Police in HRM are encouraging the public to make it harder for thieves to steal vehicles by locking up and taking their keys.

Between July 1 and Nov. 22, Halifax RCMP say 42 per cent of cars stolen in Tantallon, Cole Harbour and Lower Sackville had been left unlocked with the keys still inside the vehicle.

"We're looking for the potential to reduce these crimes," said RCMP spokesman Cpl. Scott MacRae.

THE CANADIAN PRESS

Missing-persons investigations to speed up

Increased access. Police in Nova Scotia get new powers to track down missing persons



RUTH DAVENPORT
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New legislation introduced by the NDP government will help accelerate investigations of missing-persons cases, police brass in Halifax say.

The Missing Persons Act allows police to apply for access to a missing person's personal information, including bank accounts and cellphone records.

Currently, police can access the information only if they can prove a crime has been committed.

"This legislation first and foremost fills a gap between that period when a missing person comes to the attention of police and when we know or have grounds to believe a crime has been committed," said Halifax Regional Police



Melissa Dawn Peacock CONTRIBUTED

Deputy Chief Chris McNeil.

Under the law, police must prove to a judge or justice of the peace that the missing person is at risk — to themselves or others — before they can obtain the records.

Justice Minister Ross Landry said the law would have helped in the case of Melissa Dawn Peacock of Dartmouth, who was missing for months before she was found murdered in Colchester County last July.

McNeil said police knew

By the numbers

1,400

The number of missing persons cases reported to police in Halifax in 2011

Peacock had likely come to harm, but investigators weren't able to access her personal information because there was no proof of a crime.

"All that information would have allowed us to locate particularly the scene of that crime much earlier and not expend a considerable amount of ... public capital in trying to establish a crime had occurred," he said.

Of the 1,400 missing-persons cases reported to police in Halifax in 2011, McNeil estimated the new law would have applied to as many as 600.

Landry said the legislation was the result of consultation with law-enforcement and other groups across the province.


Similar legislation is in effect in Alberta and Saskatchewan.



Workers work up sweat in warm weather

Workers swing hammers on Monday morning in the south end of Halifax near the end of CN rail lines near Marginal Road. The outdoor December work was made easier as temperatures reached double digits.

JEFF HARPER/METRO





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Date set for hearing into CBRM retirement case

A motion to stay the proceedings of a provincial human-rights inquiry into the retirement policy of the Cape Breton Regional Municipality is now scheduled for Dec. 14.

Supreme Court Justice Cindy Bourgeois set the date Monday after hearing arguments in Sydney from the parties involved in the case.

The Nova Scotia Human Rights Commission has appointed Truro lawyer Dennis James to head a board of inquiry into complainants of former employees of the CBRM forced to retire at age 65. Preliminary proceedings before the inquiry are expected to be held later this month.

Former CBRM employees Douglas Foster, Judy Wadden, Robert Ballen, Mary Coffin,

Lawyers say

Lawyers for the CBRM argue it was unfair of the commission to appoint a board of inquiry without first notifying the CBRM, providing it with copies of the complaints and following its own policy that all parties be given a chance to comment in writing on whether a board of inquiry should be called.

Jack Hynes and Ralph Gatto have challenged the municipality's retirement demand.

The Nova Scotia Human Rights Act forbids discrimination by employers on the basis of age. However, it does allow exceptions.

CAPE BRETON POST



Province House goes festive

Provincial worker Glen Keffe installs the annual Christmas tree at Province House on Monday. The festive display, which includes wreaths and a tree on the second storey, will be lit up on Tuesday night. JEFF HARPER/METRO

Holiday-season blood donations get personal



HALEY RYAN
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Blood transfusions save lives across Canada every day, but a new campaign now lets you dedicate your "miracle" to someone you love.

Canadian Blood Services' first-ever social-media movement involves taking pictures of blood donors holding hand-written messages and then posting the messages on Facebook.

"This one's for you Grandpa! I love you," reads one girl's sign from Westville; another from Sydney reads, "In memory of my father." One woman's sign simply reads, "Just do it."

"We're trying to create a new channel," said Paul Doucet of the organization's Nova Scotia and Newfoundland chapters. He hopes people will use the images as cover photos.

Quoted

"I hope people become more aware of how easy and quick it is. It takes just one hour."

Canadian Blood Services' Paul Doucet on giving blood

"Facebook is becoming like real estate," he said. "People put Christmas decorations up on their house and now on their profiles ... so everyone can see that dedication."

Doucet said that, because there's a constant need for blood in hospitals, the issue isn't really news. "So this creates a 365-days-a-year channel and will hopefully make us more relevant," he said.

Every minute of every day someone is using a blood product, so there needs to be a near-constant collection, he said.

Maritime Bus

New route from Bridgewater

The owner of the charter-bus business that took

over most Acadian routes in the Maritimes on Saturday says the company will offer a new route between Bridgewater and Halifax on a trial basis.

THE CANADIAN PRESS

King's crowns unique program

The University of King's College's School of Journalism has created the first master's degree in creative non-fiction in Canada.

In conjunction with Dalhousie University, King's announced Monday that the

master of fine arts in creative non-fiction class will welcome students in August.

The master's will be a two-year limited residency program, so students can live anywhere while completing their studies. METRO

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Response to UN vote

Canada mutes criticism of Israeli settlement plans

Canada is standing apart from its major allies, the U.S. included, in refusing to condemn Israeli plans for new settlements in areas claimed by the Palestinians.

On Friday, Israel announced plans to build 3,000 settler homes in the West Bank and east Jerusalem to punish the Palestinians for winning greater recognition at the United Nations General Assembly.

THE CANADIAN PRESS

Suspected arson

Purported ex-spy's house torched

A fire has ravaged the home of a Montreal man with a colourful past as a self-described Israeli spy and purported international arms broker.

The police arson squad is investigating the fire that gutted the upscale Westmount home of Ari Ben-Menashe.

THE CANADIAN PRESS

Hell's Angels

Bikers' seized items to be returned

The Ontario government must return a raft of seized items bearing the Hells Angels' "death head" insignia to the bikers, an Ontario judge has ruled in a decision welcomed as important for property rights.

THE CANADIAN PRESS

Child victims. Three young siblings found dead in family home

Quebec provincial police say they hope to speak with the mother of three young children who were found dead inside a home near Montreal on the weekend.

The victims — two girls, aged two and five, and their four-year-old brother — were found late Sunday afternoon after police received an emergency call.

The mother, who was also transported to hospital for unspecified reasons, is being described as an important witness.

"Exactly what happened needs to be cleared up," Sgt. Daniel Thibodeau, a provincial police spokesman, said Monday.

"We're hoping to meet with the 33-year-old woman, (the mother), who is resting in hospital and is out of danger."



On Monday, Nancy Latraverse places flowers in front of the house in Drummondville, Que., where three young children were found dead early Sunday afternoon. PAUL CHIASSON/THE CANADIAN PRESS

A community tragedy

- The victims were found inside the second-floor unit of a brown brick duplex in Drummondville, about an hour outside of Montreal.
- As of Monday, police had still not said how the children died or where they were found inside the house.
- Thibodeau said autopsies would be performed later on Monday to determine how they died.

He said investigators were also meeting with other witnesses to learn more.

THE CANADIAN PRESS

Trudeau's gun views spark ire

Firearms policy. Projected Liberal front-runner accused of flip-flopping as divisive debate re-ignites

Justin Trudeau scrambled to explain his stance on gun control Monday as the Liberal leadership candidate took flak from opposing sides on the divisive issue.

The presumed Liberal front-runner tried to mollify both sides of the debate, rekindled over the weekend by his description of the long-gun registry as a failed policy.

Trudeau spent a news scrum with reporters handling one of the first divisive policy debates to have erupted during his campaign.

He explained that he hadn't actually flip-flopped on the gun registry.

In fact, Trudeau said, he always supported it, and still does support it in principle. But he said now that it's gone, it's too divisive to try bringing it back.

In the next breath, however, Trudeau added that he supports Quebec's effort to bring it back in that province because he said the measure is not divisive there.

Finally, he explained why the long-gun registry fit his definition of a "failed" public policy.

"I voted to keep the firearms registry a few months ago and if we had a vote tomorrow I would vote once again to keep the long-gun registry," Trudeau told reporters.

"However, the definition of a failed public policy is the fact that the long-gun registry is no more.... The fact is, because it was so deeply divisive



Liberal leadership candidate Justin Trudeau on Monday. THE CANADIAN PRESS

for far too many people, it no longer exists."

Trudeau repeated that definition of a failed public policy, in both English and French. He said he would rather spend the next three years before the federal election trying to find evidence-based policies that will unite Canadians and not divide them the way the gun registry has.

A reporter asked Trudeau about Quebec's legal fight to keep its portion of the registry and he replied: "I find it's a very good idea. Because in Quebec it was not at all as divisive as it was elsewhere in the country."

He added: "Perhaps a solution is to let provinces find different solutions. What's important is protecting Quebecers from gun violence."

Meanwhile, Trudeau was being blasted Monday by people inside and outside his political party. One of his critics included a former Liberal justice minister.

Martin Cauchon, who is still pondering whether to run for the leadership him-

self, told The Canadian Press that leadership contenders need to show they'll stand up for Liberal principles and values.

And he said the controversial registry, created by the government of Jean Chrétien in which Cauchon served, is an important part of the party's legacy.

"I believe that we have to update our policies and make sure that next election we're going to be able to show leadership to Canadians," Cauchon said in an interview.

"But, you know what, I believe as well ... that a candidate running should have the backbone to respect and stand for the principles that we have always stood for."

Cauchon said party renewal shouldn't mean Liberals have to turn their backs on accomplishments such as the Charter of Rights, official bilingualism or even the gun registry.

THE CANADIAN PRESS

Regulations

Prime Minister Stephen Harper's Conservative government killed the registry and destroyed all its data — except in Quebec.

- **Quebec's fight.** The provincial government has gone to court to prevent destruction of the registry's records.
- **Growing pains.** Cauchon acknowledged there were some problems getting the registry off the ground, including ballooning costs. But he said it was working by the time Harper scrapped it.

Residential schools

Inquiry turns to court for records

Years of mounting frustration over access to government records has prompted the commission of inquiry into Canada's residential school system to turn to the courts for help. The Canadian Press has learned.

In court filings, the Truth and Reconciliation Commission accuses Ottawa of stymieing requests for documents the inquiry says are vital to its core mandate.

THE CANADIAN PRESS

Rob Ford. Mayor will remain in office while waiting for court appeal

The mayor of the country's largest city will not have to fight to stay in office while he appeals his ouster for violating conflict-of-interest laws.

Toronto businessman Paul Magder, who persuaded a judge to order Mayor Rob Ford punted from office, agreed Monday to a stay of the decision pending the appeal.

Magder's lawyer, Clayton Ruby, said they would nevertheless continue the fight to

have Ford thrown out of office while he waits for the appeal process to begin next month.

"By breaking the law in such a flagrant manner, Rob Ford has put this city into unnecessary turmoil," Ruby said in a statement.

"We are agreeing to this stay to give the city of Toronto a measure of stability, something that has been wholly absent during Mr. Ford's term in office."

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Wayne MacNaughton

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Reality TV

Amazing Race comes to Canada

Producers of The Amazing Race Canada promise the show will stand shoulder-to-shoulder with its slick U.S. counterpart, even though competitors will never leave the country.

CTV executive Phil King says the network spent a lot of time debating whether or not to send competitors around the world. In the end, they decided to showcase the country's diversity.

THE CANADIAN PRESS

November

Canada earns mo' money for cancer

For the second year in a row, Canadians participating in the Movember campaign for prostate cancer research have raised more money than people in any other country.

The sixth annual event has raised more than \$37 million for men's health initiatives. In all, 247,066 Canadians took part in raising funds and awareness for Prostate Cancer Canada.

THE CANADIAN PRESS



Catherine, Duchess of Cambridge, takes part in a day of celebrations to mark St. Andrew's Day at St. Andrew's School on Friday in Pangbourne, England, days before palace officials announced she is pregnant. GETTY IMAGES

Pregnancy sends Kate to hospital

Expecting. Duchess of Cambridge hospitalized with severe form of morning sickness

The most widely anticipated pregnancy since Princess Diana's in 1981 is official: Prince William's wife, Kate, is pregnant.

St. James's Palace announced the pregnancy Monday, saying that the Duchess of Cambridge — formerly known as Kate Middleton — has a severe form of morning sickness and is currently in a London hospital. William is at his wife's side.

News of the pregnancy drew congratulations from across the world, with the hashtag "royalbaby" trending globally on Twitter.

The couple's first child will be third in line to take the throne — leapfrogging the gregarious Prince Harry and possibly setting up the first scenario in which a U.K. female heir

could benefit from new gender rules about succession.

Palace officials would not say how far along the duchess is, only that she has not yet reached the 12-week mark.

The palace said the duchess was hospitalized with hyperemesis gravidarum, a potentially dangerous type of morning sickness where vomiting is so severe no food or liquid can be kept down. They said she was expected to remain hospitalized for several days and would require a period of rest afterward.

The condition is thought to affect about one in 200 pregnant women, but Gaither said less than one per cent of women with the condition need to be hospitalized.

The news came just days after the duchess, on a royal appearance, was playing field hockey with schoolchildren at her former school.

William is second in line to the throne after his father, Prince Charles, so the couple's first child would normally become a monarch — eventually.

THE ASSOCIATED PRESS

Potentially dangerous

Uncommon illness

While morning sickness in pregnant women is common, the problem the duchess has been hospitalized with is not.

"It's not unusual for pregnant women to get morning sickness, but when it gets to the point where you're dehydrated, losing weight or vomiting so much you begin to build up (toxic) products in your blood, that's a concern," said Dr. Kecia Gaither, director of maternal fetal medicine at Brookdale University and Medical Center in New York.

Hyperemesis gravidarum tends to be more common in young women, in non-smokers, in women who are pregnant for the first time and in those expecting multiple babies.

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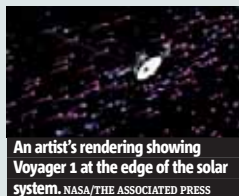
Space exploration

Voyager enters
'magnetic highway'

NASA's long-running Voyager 1 spacecraft has entered a new region at the edge of the solar system and is close to exiting it forever.

Scientists have dubbed this region the "magnetic highway" and it's the last stop before interstellar space, or the space between stars.

Voyager 1 and Voyager



An artist's rendering showing Voyager 1 at the edge of the solar system. NASA/THE ASSOCIATED PRESS

2 launched 35 years ago on a tour of the outer planets. Afterward, both spacecraft continued to hurtle toward the fringes of the solar system. THE ASSOCIATED PRESS

Buyer beware. B.C. auto insurer warns of imports of flood-damaged cars

The Insurance Corp. of B.C. is warning vehicle purchasers to beware a possible flood of vehicles from the United States that have been flood-damaged by Hurricane Sandy.

The public auto insurer issued the warning after the American Association of Motor Vehicle Transport Administrators said tens of thousands of vehicles on the U.S. east coast were submerged in salt- and bacteria-contaminated waters.

Transportation Minister Mary Polak points out that more than half a million vehicles were damaged during Hurricanes Katrina and Rita, and thousands of those vehicles were imported into Canada — even though they're not legal to drive on our roads.

Flood-damaged vehicles are classified in Canada as "non-repairable" and don't qualify for road use.

THE CANADIAN PRESS



Cars piled on top of each other at the entrance to a garage on South William Street in Lower Manhattan as New York began to clean up after Hurricane Sandy. GETTY IMAGES FILE

NASA reveals new data collected by Mars rover

Signs of life? Curiosity's soil findings, combined with earlier evidence, make it more likely there was once water on the Red Planet



MICHELLE CASTILLO
Metro World News in London

Though Monday's NASA Mars Curiosity rover announcement wasn't about extraterrestrial life, scientists were excited to share that soil analysis from the Red Planet has revealed interesting results.

An analytical laboratory inside the rover's arm determined that soil samples from "Rocknest," inside the Gale Crater, contained high levels of water, salts, sulfur and chlorine-containing substances. This evidence shows that there is an even higher possibility that there was water once on the planet.

"We have no definitive detection of Martian organics at this point, but we will keep looking in the diverse environments of Gale Crater," said SAM principal investigator Paul Mahaffy of NASA's Goddard Space Flight Center in Greenbelt, Md.

What makes scientists so excited about this discovery is that water is known to be an essential ingredient for life, according to Dr. Nilton O. Renno, a professor of atmospheric, oceanic and space science at the University of Michigan. Renno was previously involved



The work site of the NASA rover Curiosity on Mars. Results are in from the first test of Martian soil by the rover. So far, there is no definitive evidence that the Red Planet has the chemical ingredients to support life. NASA/THE ASSOCIATED PRESS

with the prior Mars rover mission, Phoenix.

"Everywhere we have water, we have bacteria," Renno said. "If you are going to look for life on another planet, the first thing you have to do is look for water."

Renno explained that the Martian soil contained high levels of volatiles, which turn into water vapour, chlorine and oxygen that are released from the soil when it is heated. The levels of salts found also suggested there was more water on the planet once than scientists initially suspected.

"The more we look at Mars, the more interesting it gets to be," he said.

Mars

Finding life not really Curiosity's job

Curiosity's main mission is to study whether the Red Planet is habitable, and most of the tools on the rover are there to help reach that goal. It's not really equipped to find extraterrestrial life, but rather to see if Mars could support life, Renno explained.

There's also a high pos-

sibility that any bacteria found by or on the machine could have come from our own planet. Renno said that it could take quite some time to analyze anything found to see if it is extraterrestrial, meaning we probably won't get the results while the rover is still on Mars.

"We really have to be sure that anything we found is not contamination from things we took from Earth," Renno said. "We want to be sure what we find is something from Mars."



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Judge scoffs at abusive coach's latest argument

Graham James. Crown appealing former hockey coach's sentence after sexual abuse convictions

A Manitoba Court of Appeal judge bristled Monday at suggestions disgraced former hockey coach Graham James ever thought he had "loving" relationships with the players he abused.

James is already eligible to ask for full parole and will be eligible for statutory release next summer, if his sentence remains unchanged.

He pleaded guilty earlier this year to sexually abusing NHL star Theo Fleury and his younger cousin Todd Holt when they played for him. James was a respected coach in the Western Hockey League in the 1980s when



Graham James THE CANADIAN PRESS FILE

the abuse took place.

The Crown appealed the sentence and argued Monday that four years would have been more appropriate.

James's lawyer Evan Roitenberg said the two-year sentence should stand, suggesting it is too harsh.

At trial, Roitenberg had argued for no jail time and said he still thinks that would be fair given the circumstances of the case.

Roitenberg said James had an "epiphany" while in counselling after he was first jailed and realized what he had done to his victims. Until then, he thought they were in loving relationships.

That was too much for Appeal Court Justice Al MacInnes, one of the three on the panel hearing the case.

"For me, you are pushing a big rock up a steep hill if you want me to accept that," said the judge, who noted James threatened players to keep them from exposing him.

MacInnes made it clear that if it had been up to him, the sentence would have been stiffer.

THE CANADIAN PRESS



Newest addition to the Supreme Court

Justice Richard Wagner is sworn in by Registrar of the Supreme Court of Canada Roger Bilodeau during his official welcoming ceremony at the Supreme Court in Ottawa on Monday. (The red gown and fur trim may seem seasonally appropriate, but are in fact part of the standard ceremonial outfit.) Wagner, 55, was appointed earlier this fall by the Conservative government. He is the middle child of former Quebec Liberal cabinet minister and one-time federal Conservative leadership candidate Claude Wagner. SEAN KILPATRICK/THE CANADIAN PRESS

Barista homicide. Alleged kidnapper, serial killer found dead in Alaska jail

A man who apparently committed suicide in an Alaska jail while awaiting trial in the death of an Anchorage barista also killed a Vermont couple last year after travelling across the country looking for some-

one to kidnap and murder, authorities said Monday. He may be linked to five other possible slayings around America.

Israel Keyes, 34, was to stand trial in March in Anchorage federal court for the death of an

18-year-old who was abducted from a coffee kiosk in the city last February. He was later arrested in Texas after using the victim's debit card.

Keyes was found dead in his cell Sunday. THE ASSOCIATED PRESS



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Starbucks accused of grande-sized tax dodge

Britain. Legislators want Parliament to clamp down on multinationals that exploit U.K. tax laws

British lawmakers on Monday accused major multinational companies including Starbucks, Google and Amazon of immoral tax avoidance, while Starbucks announced it is reviewing its British tax practices in a bid to restore public trust.

Parliament's public accounts committee said the government should "get a grip" and clamp down on multinationals that exploit tax laws to move profits generated in Britain to offshore domains.

"Global companies with huge operations in the U.K., generating significant amounts of income, are getting away with paying little or no corporation tax here," said Labour legislator Margaret Hodge, who chairs the all-party committee. "This is outrageous and an insult to British businesses and individuals who pay their fair



A man walks out of a Starbucks in west London on Monday. British lawmakers want to clamp down on multinational corporations, including Starbucks, that they say are guilty of exploiting tax laws. THE ASSOCIATED PRESS

share."

As the British economy splutters amid Europe's economic crisis, and the government slashes spending in a bid to curb the deficit, public anger has grown against companies that pay little tax while making large profits.

Companies operating in Europe can base themselves in any of the 27 European Union nations, allowing them to take advantage of a particular country's low tax

By the numbers

\$2.9M

The committee said online retailer Amazon paid \$2.9 million in British tax in 2011, on turnover of about \$331 million.

rates.

Google has picked Ireland and Bermuda as its main bases, while coffee chain Starbucks has its European base in The Netherlands and pays British tax only after transferring large sums in royalties to its Dutch headquarters.

Hodge said executives from the three companies had been "unconvincing and, in some cases, evasive" when they appeared before the committee last month to explain their tax regimes. And she accused Britain's tax agency of being "way too lenient" in dealing with multinationals.

Starbucks, whose outlets have been targeted by the protest group U.K. Uncut, said in a statement that it had "listened to feedback from our customers and employees, and understand that to maintain and further build public trust we need to do more."

THE ASSOCIATED PRESS



His Holiness will tweet

The Pope Benedict XVI Twitter web page is displayed at the Vatican press hall on Monday. He will join the tweeting masses on Dec. 12 using the handle @Pontifex, responding live to questions about faith during his weekly general audience. Questions can be submitted to #askpontifex, and the Pope will likely respond to three to five of them, said the Vatican's communications adviser Greg Burke. GREGORIO BORGIA/THE ASSOCIATED PRESS

Nielsen research

TV viewers are increasingly social

Television viewers are becoming more active while watching now, judging by the findings in a new report that illustrates the explosive growth in the number of people who watch TV while connected to social media on smartphones and tablets.

The Nielsen company said that one in three people using Twitter in June sent messages at some point about the content of television shows, up 27 per cent from five months earlier.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
100.51¢ (-0.13¢)

TSX
12,169.74 (-69.62)

OIL
\$89.09 (+18¢)

GOLD
\$1,721.10 US (+\$8.40)

Natural gas: \$3.59 (+3¢)
Dow Jones: 12,965.60 (-59.98)

Revamped News Corp. scuttles The Daily

News Corp. said Monday that its new publishing company will keep the News Corp. name, while its separate media and entertainment company will be renamed Fox Group. As part of the changes, News Corp. said it will cease publication of The

Daily, its iPad news application, on Dec. 15.

The conglomerate announced plans this summer to split into two public companies, one for its newspaper and book publishing business and the other for its fast-growing movie and TV

operations. Rupert Murdoch will serve as chairman of the new News Corp. and chairman and CEO of Fox Group.

The new News Corp. will house newspapers such as The Wall Street Journal, New York Post and Dow Jones Newswires. The Fox Group,

meanwhile, will include Twentieth Century Fox film and television studios and the Fox TV channels among other properties.

"From its launch, The Daily was a bold experiment in digital publishing and an amazing vehicle for in-

novation," Murdoch said in a statement. "Unfortunately, our experience was that we could not find a large enough audience quickly enough to convince us the business model was sustainable in the long-term."

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REAL CHEMISTRY DOESN'T COME FROM A TOUCH SCREEN



SHE SAYS...
Jessica Napier
metronews.ca

My boyfriend has no patience for texting. When he wants to talk he won't hesitate to pick up the phone and call me. This more traditional approach puts him in the same category as my grandparents and my dentist and it drives me crazy. Frankly, I just don't have enough daytime minutes to carry out my relationship verbally.

For modern couples who have grown up in the age of cellphone dependency, there's no separating technology from the relationship. Texting — which is far less intrusive than an actual phone call and has the added benefit of being more affordable — has become our preferred method of communication.

Communication conundrum

An unanswered text can turn the sanest individual into a panicking ball of neurosis.

We're relying on our pocket technology more than ever to negotiate new relationship terrain and, in turn, creating a whole new set of issues for ourselves. We consult friends to help interpret cryptic texts, judge potential suitors on their grammar and agonize over our response time — a too-quick reply can take you from looking interested to looking desperate. Excessive emoticon use — especially that ambiguous tongue-out smiley face — can lead to serious confusion about the meaning of our words. And, worst of all, an unanswered text can turn the sanest individual into a panicking ball of neurosis.

There's no doubt that smartphones can make courtship infinitely more complicated, but they also allow us to be bolder with one another and more expressive than we might be face-to-face. Sexting is often thought of as the pastime of hormonal teenagers, but plenty of grown-ups exchange racy texts as a way to test the new relationship waters before actually diving in.

But if your new beau is sending virtual flower bouquets and emoji kisses before (or instead of) trying out the real thing, isn't that a bit disenchanting? And how do you know that he or she isn't just copying and pasting flirtatious iMessages between multiple women?

There's always going to be an element of casual detachment when it comes to mobile messaging. So while sending a few coy texts might be less intimidating than saying what you mean out loud, nothing can replace those in-person moments at the start of a new relationship.

Follow Jessica Napier on
Twitter @MetroSheSays



The world saw the 20th anniversary of the text message Monday. The milestone reminds us of the correlation between the rise of SMS and digital delirium. FLICKR: JHAYMESVIPHOGRAPHY

I Sphinx you can eat it



BEBETO MATTHEWS/THE ASSOCIATED PRESS PHOTOS

This is sweet news

N.Y.C. hosts delectable competition

The Sphinx, a gingerbread creation from North End Grill, is on display in the lobby area of Le Parker Meridien hotel in New York City.

The landmark-inspired

creation is being exhibited with other over-the-top gingerbread houses from city restaurants in the fourth annual display to benefit City Harvest, a food-rescue organization for feeding the needy.

Visitors can buy one ticket for \$1 or eight for \$5 to vote on their favourite landmark.

THE ASSOCIATED PRESS



Chichen Itza, a gingerbread creation from Butterfly Bakeshop, will be on display with the rest of the landmarks at Le Parker Meridien until Jan. 3.

Nom nom nom

This ain't your mother's gingerbread

Out of the kitchen and into the hotel lobby: Gingerbread houses have gone from being a home-made project done with mom to professional exhibits designed by pastry chefs and sometimes even architects.

The fundraiser is just one of many gingerbread showcases going on across the country. A few extravaganzas raise money for charity, while some include contests for home bakers.

Susan Matheson, co-author of the book *The Gingerbread Architect: Recipes and Blueprints for*

Twelve Classic American Homes, says these types of professional gingerbread creations "are elaborately detailed, spellbinding constructions that must require an army of pastry chefs, historians, engineers and consulting experts. The results can elevate the craft to a high art form that transports the viewer into an ethereal miniature fairy world." But Matheson doesn't approve of glue guns or other non-edible components: "It's 100 per cent digestible or count me out." THE ASSOCIATED PRESS

Online

See the whole gingerbread spread at metronews.ca.



Register at metropolitanpanel.ca and take the quick poll

Do you fear rising sea levels?

9% YES, I'M BUILDING AN ARK JUST IN CASE

18% SOMEWHAT, I'M KEEPING MY SNORKEL GEAR HANDY

73% NO, I'M AN EXCELLENT SWIMMER

Twitter

@AIMcInnis:

Looking forward to seeing Halifax Mooseheads forward Nathan MacKinnon with Team Canada at the World Juniors. Saw him in Halifax. #talented.

@heaveaway:

if mackinnon doesnt make the wjc this year will all of halifax collectively drown in their own tears

@Amanda_MacD:

"It's beginning to look at lot like April" Wait, that's not how the song

goes... 11 degrees in #halifax #22daystilchristmas

@karengerier:

it's going to be interesting to see on the amazing race canada what happens when none of them can get to halifax for 3 days because of fog

@SkateCanada:

This week's @rickmccer Report will feature the Halifax Skating Club! Watch it this Tuesday, Dec 4 @ 8pm on CBCI #RMR

DVD review



The Dark Knight Rises

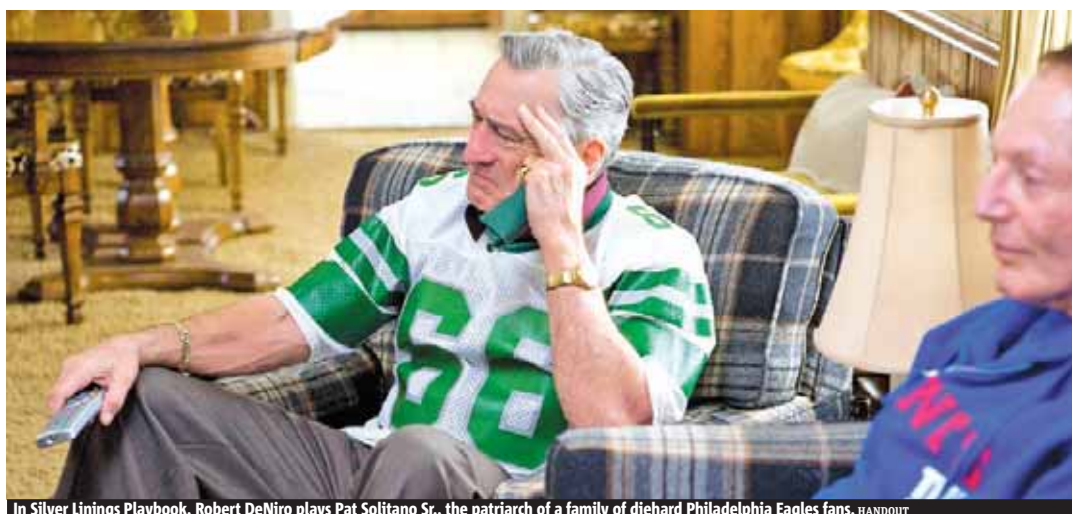
Director. Christopher Nolan

Stars. Christian Bale, Tom Hardy,
Anne Hathaway

♦♦♦♦

This Knight not only rises, it also cuts deep — not just as spectacular entertainment but also as harrowing drama. Fear is in the eyes of both hero and villain in this concluding chapter of Christopher Nolan's outstanding Batman origin trilogy. Human frailty and realistic threats of nuclear and economic destruction are woven into the densely layered saga co-written by Nolan with his brother Jonathan and David S. Goyer. It's eight years after the traumatic events of *The Dark Knight* (2008), and Batman is for all intents and purposes no more. He's been outlawed and ostracized in Gotham City. Wrongly blamed for the demise of Gotham's public defender Harvey Dent, a lie that even trusted ally Police Commissioner Gordon (Gary Oldman) is unhappily and politically obliged to maintain, Batman — or rather his alter-ego Bruce Wayne (Christian Bale) — hides inside stately Wayne Manor. But a new threat has emerged: a super terrorist by the name of Bane (Tom Hardy). Bane plans to weaponize a nuclear fusion device that Wayne Enterprises developed for peace. Anne Hathaway intrigues and wows as cat burglar Selina Kyle, a.k.a. Catwoman. Marion Cotillard makes less noise as Gotham tycoon Miranda Tate, but she fits very well into the film's intricate puzzle. So too does Joseph Gordon-Levitt.

PETER HOWELL

In *Silver Linings Playbook*, Robert DeNiro plays Pat Solitano Sr., the patriarch of a family of diehard Philadelphia Eagles fans. HANDOUT

What about the story from the sidelines?

Silver Linings Playbook. Football tales seem to focus on the gridiron action — this film looks at the lives of the fans

In David O. Russell's *Silver Linings Playbook*, Bradley Cooper plays an unstable former teacher trying to improve himself after exiting a mental institution. When his character, Pat Solitano, consults his otherwise level-headed psychiatrist Dr. Cliff Patel (Anupam Kher) on whether a Philadelphia Eagles' jersey is appropriate attire for a dinner party, Patel questions which jersey. On hearing that it's star wide-receiver DeSean Jackson, he responds unequivocally:

"DeSean Jackson is the man."

This is Philadelphia, where undying loyalty to the

local NFL team — "the Birds" — is everywhere, even in the sensitive relations between therapist and patient.

As large a role as football plays in American life, Hollywood has typically focused its cameras on the field of play, where the dramatics of gridiron battle are self-evident. But *Silver Linings Playbook*, which was recently nominated for five Spirit Awards and is widely expected to be a best picture Oscar contender, is more interested in the face-painters in the stands.

The annals of pigskin pictures have ranged from the hijinks of Groucho Marx (*Horse Feathers*) to the inspiration of a newcomer to the sport (*The Blind Side*). Football in movies has been a regular source of hard-knock action (*Any Given Sunday*), manly tragedy (*Brian's Song*), Remember the Titans and underdog triumph (*Rudy*).

But along with *Silver Linings Playbook*, a handful of films

have sought to capture the fanatical passion — both the communal spirit and the toxic obsession — that grips millions of households and acres of parking-lot asphalt every Sunday this time of year.

In Vincent Gallo's *Buffalo '66* (1998), Gallo drew from his own childhood in the upstate New York City, playing a man named after the hometown team (Billy), with lifeless parents glued to the TV screen for Buffalo Bills games. A lost bet on a crucial game cost Billy \$10,000 and put him in jail. On his exit, he's bent on avenging the guilty place kicker, a fictionalized version of a real-life Bills scapegoat, kicker Scott Norwood.

Big Fan (2009), written and directed by Robert D. Siegel (who also wrote *The Wrestler*), depicted a die-hard New York Giants fan (Patton Oswalt) whose devotion is tested when he's brutally assaulted by his favourite player.

The 2004 film *Friday Night Lights*, and the subsequent TV series, sought to portray a football-mad Texas town, where the sport reverberated in nearly all that was good — and all that was bad — in Dillon, Texas.

These movies all share in the spirit of Frederick Exley's classic 1968 fictional memoir: *A Fan's Notes*. The Giants-loving author wrote: "Cheering is a paltry description. The Giants were my delight, my folly, my anodyne, my intellectual stimulation. ... I gave myself up to the Giants utterly. The recompense I gained was the feeling of being alive."

It was that kind of intensity that interested Russell, whose last film, *The Fighter*, captured the boxing community of Lowell, Mass.

"What makes characters fascinating in a funny and an emotional way to me is when they have life and death stakes about their particular currency," the director says.

THE ASSOCIATED PRESS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Nothing stops Heidi from getting her Halloween on



THE WORD
Dorothy Robinson
scene@metronews.ca

A divorce and a hurricane wasn't going to keep Heidi Klum from dressing up in 2012. When her annual New York City Halloween party (which she used to host with soon to be ex-husband Seal) was cancelled this year because of Hurricane Sandy, the model decided to transform her party into a Haunted Holiday Party — and have Saturday's party benefit relief



efforts.

"Putting the outfit on only took five minutes, but gluing all these hundreds of stones on my face took a little longer," she said about her jewel-encrusted face and

Cleopatra costume, which she wore among such celebrities as Jay Manuel, Questlove, Russell Simmons and Sandra "Pepa" Denton of Salt & Pepa. Despite the intricate costume, she swore to a group of reporters, including Metro, that she was comfortable. "I'm on flat feet," she pointed to her boots. "I'm not on heels, so that's awesome."

Even though she's still reeling over her rather ugly split with Seal, with whom she has four children, she's not letting it ruin her Christmas plans.

"This year we're just going to stay home," she says about how she plans on spending the holidays with her kids. "I'm excited to just sit in front of the fireplace and drink hot cocoa and watch them play with their new toys, just to be in the house and enjoy not doing much."

Levine boos Honey



Adam Levine ALL PHOTOS GETTY IMAGES

Adam Levine may have found a new avenue for success as a reality TV judge on The Voice, but that doesn't mean he's a fan of other kinds of reality television. Quite the opposite, actually. "Seriously, Honey Boo Boo is the decay of Western civilization. Just because so many people watch the show doesn't mean it's good," Levine tells GQ magazine. "It's complete f—ing ignorance and the most despicable way to treat your kids. F— those people. You can put that in the magazine. F— those idiots. They're just the worst."

Feuding stars speak of peace

This might not be the biggest shocker considering the recently signed custody agreement between Halle Berry and Gabriel Aubry, but Olivier Martinez has reportedly dropped his criminal complaint against Aubry for their bloody Thanksgiving brawl, according to Radar Online. "Olivier informed the LAPD and the Los Angeles City Attorney's Office that he was no longer interested in pursuing criminal charges against Aubry," a source says. "Aubry and Berry worked out a confidential settlement last week that included specific language about how none of the parties — Halle, Gabe or Olivier — would pursue criminal charges against one another. All sides managed to agree to satisfactory terms with the focus being on ending the mayhem for the sake of Halle and Gabriel's daughter, Nahla."



Taylor Swift

Taylor Swift to be at the side of her new beau

Taylor Swift is apparently eager to spend whatever time she can with rumoured boyfriend Harry Styles. The country crooner jetted to New York less than 24 hours after a big holiday concert to spend

the afternoon with the One Direction member, according to Us Weekly.

The pair, joined by Styles' stylist and her family, strolled around the Central Park Zoo, sticking close and looking cosy.



Johnny Depp

Rock this way: Johnny sings a single man's tune

Johnny Depp knows how to have a good time, and sometimes that means strapping on a guitar and joining Alice Cooper on stage. The Pirates of the Caribbean star did just that recently at a Cooper concert in Los Angeles, playing along on cover songs including Break on Through (to the Other

Side), Revolution and Foxy Lady, according to People magazine. "Johnny was in great spirits," a source says. "He was really happy and at ease, especially on stage with the rest of the band." Recently single, Depp was apparently going solo that night, as the source says he wasn't "with any ladies."

Twitter



@kirstiealley

Just came home with a swell Xmas Tree.. The smell of fir is intoxicating..feelin pretty Christmassy!!



@ElizabethHurley

Searching in vain for the Christmas decoration..... WHY aren't they in the attic where they should be?!



@MissKellyO

Best bath ever!



@SteveMartinToGo

Christmas gift suggestions: A Wheat Thin is a welcome gift any holiday season.

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How Adriana got the body of an angel back

Victoria Secret show. Adriana Lima shares how she got back into show shape after having a child

ROMINA
MCGUINNNESS
Metro World News

Last month, Brazilian beauty Adriana Lima opened the Victoria's Secret Fashion Show, which airs on Global tonight at 10 p.m ET/PT, eight weeks after giving birth to her second child.

She opens up to Metro about the "nightmare" gym sessions, sparring herself into shape and how she celebrated getting into the skimpy lingerie with a cupcake — but just one.

It seems like hell getting ready for the show. How do you girls cope with the pressure?

One thing I need to get straight — I've never felt pressure from either Victoria's Secret or my agency. No one pressured me to get ready for the show this fast. It's a decision I made on my own. It was one of the most difficult things I've ever done because you're dealing with nature.

You do what you need to do to get ready, but after having a baby you really don't know how your body is going to react.

Sounds stressful. How did you react on the big day? Did you down shots of vodka backstage?

I get nervous before every single show. I thought that feeling would go away but it never did. Plus this year I was opening the show,



The Victoria Secret show is airing on Global tonight at 10 p.m. ET/PT. GETTY IMAGES

which is a big responsibility as everybody kind of follows your mood. But every girl has a different way of expressing her nervousness. I don't like talking so I just listen to music — anything by Eminem, Rihanna, Kings of Leon, Rock and Roll by Led Zeppelin and Heartbeats by The Knife.

Did getting ready for the show give you nightmares? Did you dream you were being attacked by giant candy bars?

No. It was more during the day, when I had to go to the gym — that was my nightmare. Don't get me wrong, I really love exercise, but it's not easy. The actual workout — it's tough you know. You need a lot of determination in order to do it every single day. Every minute of every workout counts and this year, I wasn't sure if I was going to make it or not.

Models Cara Delevingne and Jourdan Dunn (both in the Victoria's Secret show with Adriana) reportedly ate pizza and KFC hours before the show. Would you want to scream if they ate in front of you, or join them? Ha! I'm a little bit older than them. But regardless of age, I'm really aware of the fact that you are what you eat.

Are you saying they're going to turn into a giant pizza or a chicken wing?

Maybe not right now, but they're going to see the results in the future, when they get old. It depends what they eat, but they may have problems with cholesterol or diabetes. I don't know. I just like to eat healthy. I have two children and I'm concerned about their health. I'm their example. I don't want my three year old asking me, "Mama, I

want chocolate for lunch." Cake is festive, it's not something you should eat everyday.

What's the first thing you did when the show ended? Run backstage, take off that lingerie and demolish a cheeseburger?

No. But I did have a cupcake. Once in a while, I do eat these things, you know. I just don't do it every day. Even now that the show is over, I'm still working out and eating healthy. It's my job.

There are a lot of rumours out there that Victoria's Secret models literally starve yourselves in order to get ready for the show. You also shared sweaty pictures of yourself on Twitter to show how hard you were working out. How did you really go about it?

I'd just had a baby, so I had

to do everything in a healthy way in order to best take care of myself and my body. I never do things on my own — I have a nutritionist and a personal trainer. I don't want to have any problems. I know people see us on the runway and working out — but I don't want them to think that we don't eat. I don't starve myself. I don't do that. I love food, but I do watch what I eat.

So what kinds of workouts did you focus on? What foods did you eat?

I was boxing — sparring, doing a little bit of rope and lots of abdominal and core work. I sometimes went running in the morning, but that's pretty much it.

As for my diet, I was eating three ounces of protein, three times a day with plenty of steamed green vegetables and drinking lots of water.

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Getting kids active is only half the battle

Exergaming. Experts urge parents not to rely on video games to help get their children moving and living a healthy lifestyle

CELIA MILNE
life@metronews.ca

Is exergaming good for children?

The debate rages.

While plenty of studies show active video games are fun and get kids moving, a new analysis gives them the overall thumbs down.

"Preserve traditional play," says Dr. Mark Tremblay, chief scientific officer of Active Healthy Kids Canada, based in Ottawa.

"Don't rely on active video games to provide your kids with their daily exercise," he adds.

Experts at Active Health Kids Canada and its partners sifted through 1,367 scientific papers on the health merits of virtual versus real activities.

The conclusion: Exergames increase kids' heart rates temporarily, but don't provide a long-term, meaningful amount of exercise.

"The general thinking is, 'If I can get them off the



Getting kids off the couch is only the start to healthy living. ISTOCK PHOTOS

couch, it's got to be better.' That's sound thinking," says Dr. Tremblay.

"But evidence suggests

when you look at the total day, there is no difference in energy expenditure. These games are replacing Frisbee

in the park or ball hockey on the street. We believe in fresh air, playing with friends and sunlight. The bonus? Inci-

Quoted

"The general thinking is, 'If I can get them off the couch, it's got to be better.' That's sound thinking."

Dr. Mark Tremblay
Chief scientific officer of Active Healthy Kids Canada, based in Ottawa

dental eating may go down."

Parents often tell Dr. Tremblay they can't afford after-school activities for their kids, but he believes it's a question of priorities.

"They can't afford swimming lessons, but they spend hundreds of dollars on video consoles and plasma TVs. They say they can't afford tennis lessons, and then they spend that money on a game."

Video gaming got a thumbs-up recently in a University of Montreal study on the subject. The study found that dance and sports simulations can help adolescents increase their physical activity, especially girls. The study was published in the esteemed journal *Pediatrics* in November.

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1. Preheat oven to 350 F. Spray 9 by 13-inch baking dish with cooking oil.

2. Place potatoes and carrots in pot, cover with cold water. Bring to boil. Cook 7 minutes at

Ingredients

- 1 lb sweet potatoes, peeled and cut in 1/2-inch rounds
- 1 lb carrots, thinly sliced into rounds
- 11/4 cups fresh or drained canned pineapple chunks or diced apples
- 1/2 cup dried cranberries
- 1/3 cup packed brown sugar
- 3 tbsp orange juice concentrate
- 1 tbsp vegetable oil
- 2 tbsp molasses
- 1 1/2 tsp ground cinnamon
- 3 tbsp chopped pecans
- 1/4 cup chopped parsley
- 6 thin slices apple



This recipe makes six servings. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

boil, or until tender. Drain.

3. Toss potatoes and carrots with pineapple, cranberries. Place in prepared baking dish.

4. Combine sugar, juice, oil, molasses and cinnamon in a saucepan. Cook over medium heat, stirring, for 1 min. or until

melted and smooth.

5. Pour sauce over veg. Cover and bake 15 mins., or until heated. Remove from oven and toss the vegetables. Sprinkle pecans otop. Garnish with parsley and sliced apple. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Health Solutions

To sweet or not to sweet



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Oh yes, sweet potatoes are good for you, and in some cases, even better for you than white ones.

But don't be so sure you want to go all gung-ho on the switch. Mashed sweet potatoes can be just as rough on your calorie count as whites; it all depends upon how they are prepared.

Fries: Weight Watchers has both sweet potato and regular fries at around 500 calories per serving and 13 or 14 points.

Mashes: One cup of mashed sweet potatoes is 258 calories while 1 cup of mashed white with butter and milk is 237 calories.

Any way you slice it, the method of prepara-

tion matters far more than which potato you choose. No doubt sweet potatoes have more vitamin A and fibre in the pulp (eat the skins of white potatoes and they come closer!). In the end, choosing only a teeny tiny portion or baked "fries" instead of deep fried finger food is a better bet. Limiting the butter, milk or sugar (or marshmallows... for Pete's sake!) that is used in the mash is wisest.

Baked: Sweet potatoes are your best bet. Keep butter to a teaspoon and enjoy one cup (about half a potato) guilt free! Any leftover baked sweet potatoes can be turned into yummy muffins in a snap. You can check out a great Sweet Potato Muffin recipe at: myfriendinfood.com/2011/05/02/sweet-potato-muffins/

THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIEND-FOOD.COM



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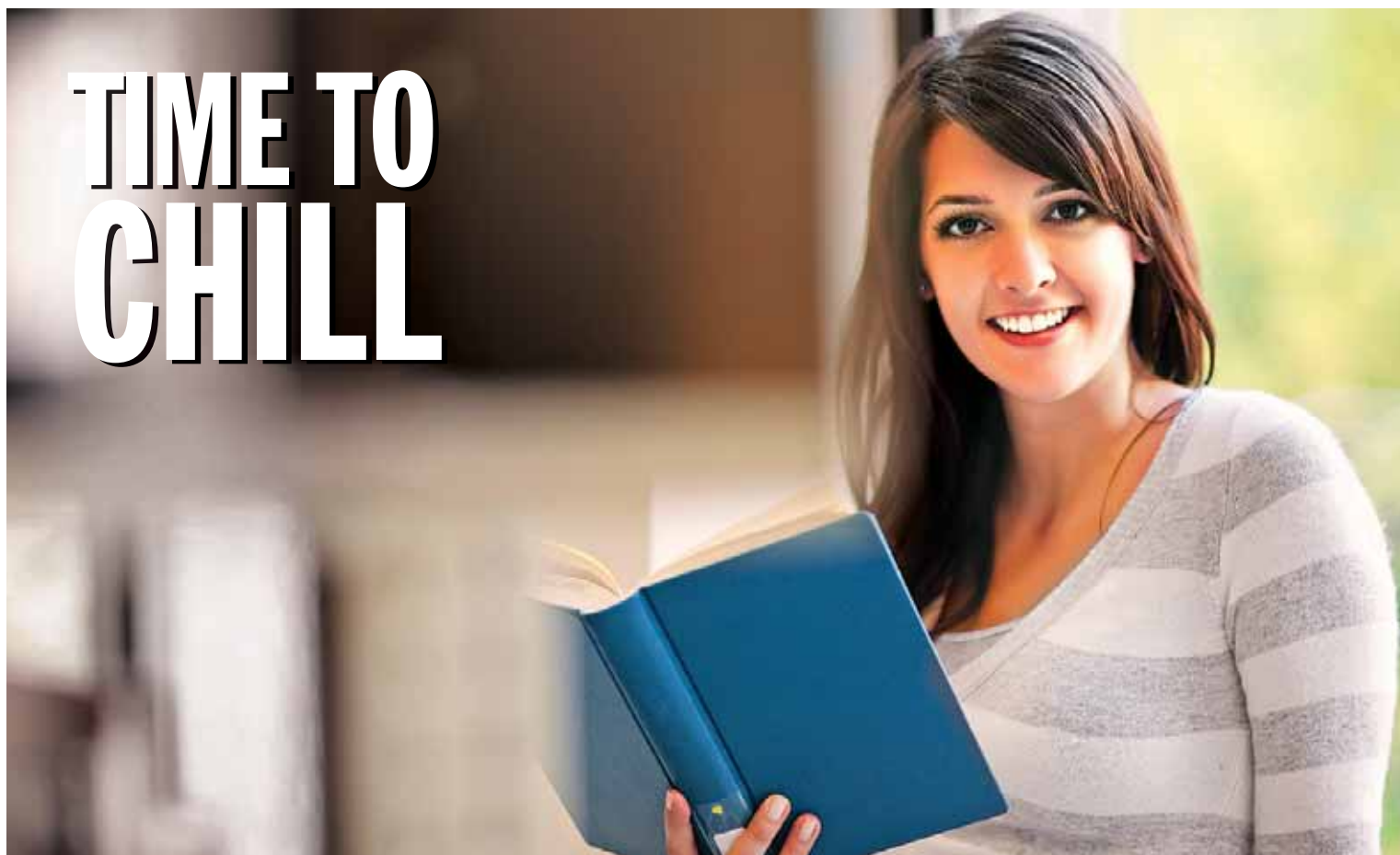
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TIME TO CHILL



ISTOCKPHOTO/THINKSTOCK

ALLOW YOURSELF TO UNWIND OVER THE HOLIDAYS AFTER FIRST-TERM STUDY PERIOD

The intensity of the last few weeks of term at university or college can leave you exhausted just in time for Christmas. Should you keep studying so as to not fall behind, or should you veg out on turkey dinner?

Jackie Stewart, a chemistry instructor at the University of British Columbia, is regularly asked that by her students. "After an intense study period, students should take a well-deserved break," she says.

You have learned a lot of new information in the first semester and your brain needs time to process it. Stewart recommends totally unplugging for a bit,

and then taking on some lighter academic tasks.

"The winter break is a good time to read for pleasure. Perhaps there is a book related to your degree subject that you don't have time during the term to read," she says. "Spending time on this may renew your enthusiasm for the subject and help you connect what you are learning in school to the real world."

The break is also a good time to look back on the first semester. What study strategies worked and which ones failed? Were you overwhelmed by your workload? Did you make good use of student-support services?

"Following this reflection, make goals for the upcoming term. How will you approach learning in each class? How will you get help if you need it? What new study strategy (or two) will you try? How will you avoid leaving studying until the last minute?" Stewart asks.

If you have a winter course you are particularly excited about, you can use the Christmas break to review fundamental concepts. Stewart says if you are studying biochemistry after a first-semester course in organic chemistry, review structure and bonding, resonance and simple reaction.

"I'm not suggesting studying every

day or studying intensely, but testing yourself on some of the concepts you are going to be expected to know in the next course will benefit you," she says. "I think this is the most efficient use of study time over the break, and will allow for a balance between academics and relaxation."

If your last exam has left you a shell of your former self, stop by your university's puppy room for a spiritual revival. You can actually do that if you study at Dalhousie University. Its student union has gathered a room full of dogs eager to be petted during the last week of exams to help students relax. — Jon Tattrie

Kara Highfield

WINTER 2013

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MAKE AN EDUCATION RESOLUTION AT NSCC

With the new year soon upon us, for many people it's a time of resolutions and rebirth, which can include upgrading one's education, whether for professional development, pleasure or something else.

The NSCC has an extensive offering of continuing education courses and diploma programs that offer something for everybody to help them achieve their goals.

With the holidays, it's inevitable that lots of photo taking will take place.

"We all have these lovely digital cameras and we're all snapping photos," says Rachel Kuipers, the acting manager of

alternate delivery with the NSCC. "What do we then do with them?"

People asking that same question might be interested in the NSCC's digital photo albums course, which begins in January. The course includes how to edit the photos, as well as organize them.

Some people's new year's resolutions may also include going back to school to embark on a career change. Even for university-bound students, the NSCC can be a part of the equation. Kuipers recalls one student who was on the waiting list at a local university to get into an under-

graduate program, but to improve her chances of getting in, the student decided to take a chemistry course at the NSCC to upgrade her mark.

For people with even the busiest schedules, the course offerings at NSCC are becoming even more accessible, with some offering what is called "collaborative learning."

"Because of new technology, we can bring students into the classroom and participate, even though they are at home," Kuipers says. "It's very exciting. Those previous barriers are being broken down."

GIVE THE GIFT OF CREATIVITY WITH NSCAD

If wool socks aren't your idea of the ideal holiday gift, have you thought about giving the gift of creativity?

NSCAD University offers gift certificates that people can purchase to use towards taking a workshop or class through its School of Extended Studies.

"Instead of giving people material goods, it could be a good idea to give somebody an experience ... where they can develop their creativity and try something new," says Catherine Allen, the program co-ordinator of the School

of Extended Studies.

With offerings in drawing, digital media, photography, jewelry and so many other disciplines, it can be hard to decide what to take.

The cost of taking a workshop or class is not expensive. Allen says weekend workshops take place over the course of two days, run from 10 a.m. to 4 p.m. and usually start out around \$150.

Meanwhile, classes run one night a week for 10 weeks and each session is usually about three hours long. These

classes usually cost somewhere between \$300 and \$350, Allen says.

Some workshops and classes may also require purchasing a few supplies.

"What some people do is they put together packages with supplies and a gift certificate towards the cost of the course," Allen says.

For more, visit the School of Extended Studies' office at 1892 Hollis St. or phone 494-8185.

Registration for the next batch of classes and workshops will begin Dec. 11.



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Make a list, check it twice: Money comprehension skills

Alison On Money. The gift list — it will help guide you during the hectic shopping season



YOUR MONEY
Alison Griffiths
money@metronews.ca

Last week I saw a weary Dad slumped in a mall chair, coffee gripped in one fist. He smiled weakly when I sat down nearby. "I thought starting Christmas shopping early might make it easier," he said. "Wrong!"

He planned to accompany his three children into the stores. But two hours later, with few presents purchased, he was done. The problem was preparation.

All three kids lacked an essential item — the almighty list. It seems like such a simple thing, but is a fundamental part of financial planning. After all, how can you create priorities if

you don't have a list to guide you?

Those who learn to make and follow them when they're young will find that the structure provides benefits into adulthood.

There's a body of research pointing to the importance of earmarking for saving. Targeting certain sums for a specific saving purpose increases the success rate.

List making is the kissing cousin of earmarking. For example, writing down or typing: Jared-Skylanders Giants Chop Chop \$14.95, decreases the likelihood that a child will get distracted and overspend.

Even teens can get into list making. Apps such as Santa's Little Helper (Apple), Gifters (Apple) and Christmas Gift List Planner (Android) will keep them on track.

The younger ones love it if you add a few fun touches. Kids who aren't writing can cut and paste pictures of what they want to buy or make. Then a family member can help them with price.



Increase your savings success rate by making a list. ISTOCK IMAGES

Don't worry if their money comprehension skills aren't quite there yet. Just knowing that an item costs a certain amount and is affordable or not is a big step.

A five-year-old child of a neighbour listed what she wanted to buy her Dad — toenail clippers and a new car. Mom said, okay, you can afford the clippers but not the car. The daughter decided to buy a toy car and promise a real one when she grows up.

Making gift lists puts kids in charge and gives them responsibility. They won't always be successful in sticking to either the list or their budget (who is?) but the process teaches lessons for a lifetime.

Oh yes, the list also takes the pressure off mom and dad. That alone is reason enough.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Activities for \$10 or less



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

The holiday season is in full swing and everywhere you turn the sound of cash registers, credit and debit machines chime a tune of heavy spending on gifts and other festive activities.

This year, most Canadians are expected to spend nearly \$650 throughout the holidays (based on the Ipsos poll conducted in November of 2011).

What if you could spend a lot less, have more fun and avoid a hefty credit card balance when January rolls around? Free outdoor activities await you and your family this holiday season.

Rather than heading to the ski hill, grab your skates or borrow snowshoes from a neighbour and enjoy the outdoors. If you bundle up, you could head out to a winter hiking trail with your friends or enjoy an outdoor campfire.

One evening, fill your travel mug with hot cocoa and tour outdoor light displays throughout your neighbourhood.

Find out what's happening in your community. Low to no cost choir performances and plays are put on at local community centres, malls and churches. Attending these events is a great way to support the arts and your friends who may be actively involved.

Rather than heading out to the theatre, download Netflix and watch unlimited movies at home for \$8 per month. Or, pay nothing and borrow films from the library.

Keep watch for coupons for the local zoo, craft fair, recreational facilities and heritage sites. Visiting tourist locations in your community in the off-season can save you a bundle and it's a great way to discover hidden gems right in your backyard.

Host a party where everyone brings their favourite appetizer and drink. Add the challenge that each person has to do this for \$10 or less. I guarantee the results will be creative, surprising and interesting. Volunteer with a group of friends to pack food hampers, help out at the community centre or fix up your local playground.

This is a great way to spend time and it's a healthy reminder of how important it is to give back.

A fantastic holiday season awaits you. Save your money and enjoy it.

Is everything fine between your kid and canine?



Do your child and dog get along? HANDOUT

Safe introduction. Allow your pet time and space to become accustomed to your child

MARY SHELL
Metro World News in New York

Whether you are bringing your new baby home to meet your dog for the first time, or thinking about adopting that dog your kids have been asking for, there are some basic ways to safely introduce kids and canines. We spoke with Jennifer Shryock, a certified dog behaviour consultant and founder of Family Paws Parent Education, about how to make a smooth transition.

Never force interaction between a dog and a child. Pay attention to your dog's body language to determine if the dog is engaging with

the situation or tolerating it. Shryock recommends allowing your child to pet the dog a couple times and then stop. Wait to see if the dog is interested in continuing the interaction.

Have reasonable expectations for your dog.

Parents often think a dog should put up with a baby crawling near the animal at eye level and reaching and grabbing. "You can't let (a) toddler freely explore the dog," Shryock says. A new dog will have a tolerance limit for your kids, and it's important to recognize that limit and provide the dog with a quiet area to retreat to when the interaction might become too much.

Instruct your kids not to crowd the dog or carry it around.

Instead, create safe, supervised activities for your toddler and your dog. This

might be dropping a treat in the dog's crate or filling up the food and water bowls together. No matter what you do, Shryock always recommends total supervision.

If you're expecting

Get to know your dog better during your pregnancy and use that time to reinforce basic training. Study your dog's body language and learn to identify triggers that stress or upset your dog, so you know how to protect your pet from these situations.

Build the relationship

The best way to cultivate a good relationship with your dog and your new baby is to make sure your dog observes and participates in positive, daily routines with you and your baby. Never force your dog to check out the baby. Instead, invite him or her to sit next to you while you hold the new addition.

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QMJHL

Coach Ducharme not stressing loss of top forwards

In a matter of days Mooseheads coach Dominique Ducharme will lose his trusted top line but he realizes it's for the greater good.

Nathan MacKinnon and Jonathan Drouin are heading for Calgary in hopes of earning spots on Team Canada while Martin Frk is considered a lock at the Czech Republic camp.

"It's all positive; the whole organization is proud," said Ducharme. "If they make it we'll find a way. It will make them better and us better but in the meantime everyone here has to chip in and do more."

While he remains confident the trio will be successful, Ducharme stressed they've already achieved something extraordinary.

"They want to be difference makers. They don't want to be on the ice and be passengers. It makes them better and it makes everyone else better," he said.

MacKinnon, Drouin and Frk will be in the lineup Tuesday when Halifax visits the Cape Breton Screaming Eagles. **ANDREW RANKIN/METRO**

Russell finds place for Hannay to play

The Halifax Mooseheads have traded 20-year-old defenceman Sawyer Hannay to the Victoriaville Tigres.

The deal, announced Monday, also sees Halifax's sixth-round draft choice in 2013 going to the Tigres in return for a fourth-round pick.

Hannay has been with the Herd for several weeks after returning from a pro stint in Austria. Mooseheads general manager Cam Russell had said for weeks they were trying to find him a place to play. **METRO**

Cape Breton fires coach/GM Choules

The Cape Breton Screaming Eagles announced Monday they had fired head coach and general manager Ron Choules.

Choules, who ran the team's practice on Monday afternoon, was relieved of his duties shortly after. He's being replaced by Marc-Andre Dumont, who served as head coach with the Val-d'Or Foreurs for three seasons before being fired in October. Dumont was also general manager with the Foreurs from February to August of this year.

The Screaming Eagles (7-17-2-4) sit 16th overall in the 18-team QMJHL. **CAPE BRETON POST**

Young Moose look to show they belong

Selection camp.

MacKinnon, Drouin youngest players trying out for Team Canada



ANDREW RANKIN
andrew.rankin@metronews.ca

Nathan MacKinnon and his teammate Jonathan Drouin would be the last to say their age would be a hindrance in making Team Canada.

"I'm confident I can play with those guys," said MacKinnon, a forward with the Halifax Mooseheads. "For me they know I can score. They want to see me be reliable. They want to see me be good defensively and have a mature game and be patient. That's what I'm going to bring to camp to try to crack the roster."

At 17, the gifted linemates were the youngest of 37 players invited to Hockey Canada's junior team tryout camp on Monday, which begins Dec. 10 in Calgary.

For MacKinnon, he's embracing the challenge of competing with a plethora of NHL-calibre players like Jonathan Huberdeau and Ryan Nugent-Hopkins in hopes of cracking the first or second line.

"Those guys are already on the team pretty much, and there are a lot of people battling," he said. "I'm going to make the most of it. I'm going to try to bring my speed on both sides of the puck and make smart decisions."

Team Canada head coach Steve Spott says, for him, age is irrelevant.

"At no time did we talk



Mooseheads forward Jonathan Drouin at practice Monday at the Metro Centre. **JEFF HARPER/METRO**

By the numbers

7

Seven QMJHL players in total are attending the camp. Others are defenceman Xavier Ouellet, and forwards Phillip Danault, Jonathan Huberdeau, Charles Hudon and Francis Beauvillier.

about birth years," Spott said during a press conference Monday in Calgary. "Both have shown that they are elite players in the Canadian Hockey League and that's why they are attending this camp."

Right after Drouin got the call from Hockey Canada on Sunday night he gave his dad a phone call to share



Nathan MacKinnon **JEFF HARPER/METRO**

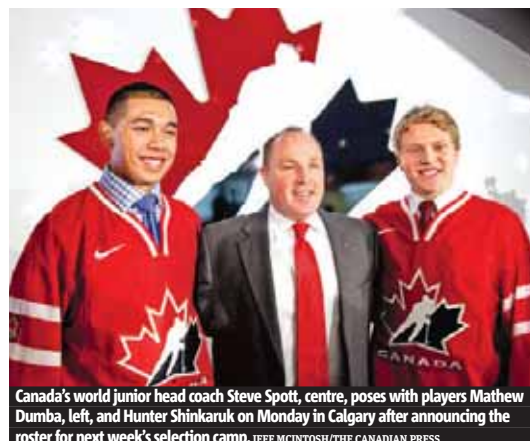
the good news.

But, like his teammate, he says there's no doubt in his mind that he belongs.

"I'm in a great mood and I

want to keep that going," said Drouin. "It's a great boost. It would be a better boost if I make the team, but I just have to prove I can."

World juniors. Canadian roster has professional feel



Canada's world junior head coach Steve Spott, centre, poses with players Mathew Dumba, left, and Hunter Shinkaruk on Monday in Calgary after announcing the roster for next week's selection camp. **JEFF MCINTOSH/THE CANADIAN PRESS**

As long as the NHL lockout lasts, the Canadian junior men's hockey team will be older and stronger than in previous years.

Edmonton Oilers centre Ryan Nugent-Hopkins and other 19-year-olds who would have otherwise been lost to the NHL are among the 37 players invited to selection camp.

There was an undercurrent of uncertainty in Monday's announcement in Calgary because of the impact a sudden end to the lockout could have on the team in the coming weeks.

With no end to the labour impasse in sight, Canada can, for now at least, anticipate having one of its strongest teams at

the 2013 world junior hockey championship.

But head coach Steve Spott, whose day job is coaching the Ontario Hockey League's Kitchener Rangers, sounds like a man who has to be prepared for anything.

"Until Dec. 26 with the uncertainty of this work stoppage, I'm trying to keep all my steno pads in order because I've got about 30 different rosters right now that I'm looking at," he said.

"Until I see those players on the 26th against Germany, there's a lot of balls in the air. Ultimately it will be great to get on the ice with them next Monday."

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Sidney Crosby of the Pittsburgh Penguins participates in a workout on Monday in Scottsdale, Ariz. Crosby will be in New York Tuesday to make himself available for a unique collective-bargaining session. CHRISTIAN PETERSEN/GETTY IMAGES

Crosby headed to NHL's CBA talks

Lockout. Bettman, Fehr will sit out latest round of negotiations in New York

Sidney Crosby is ready for another kick at the can.

With the NHL and NHL Players' Association scheduled to hold a unique collective-bargaining session on Tuesday afternoon, the league's most recognizable player travelled to New York to make himself available for the exclusive meeting.

Cole Harbour's Crosby has been involved throughout the negotiations and could play an important role with the leaders of both sides scheduled to sit out on Tuesday. The Penguins captain has emerged as a voice of reason during the lockout and would find himself sitting across from Pittsburgh owner Ron Burkle, among others, if the NHLPA decides to send him into the bargaining room.

It promises to be a unique setting, particularly with com-

Quoted

"I think there's a deal to be made and I think negotiations have to go better if there's going to be a deal."

Sidney Crosby

missioner Gary Bettman and NHLPA executive director Donald Fehr on the sidelines. There was hope Monday that a new dynamic might produce some different results in negotiations.

"Ultimately, we are just trying to find some meeting format that can gain some traction," deputy commissioner Bill Daly said.

There should be plenty of urgency from both sides. Players have missed four paychecks because of the lockout and the NHLPA's executive board voted over the weekend to distribute a \$10,000 stipend to each member.

Meantime, league owners will head into Wednesday's board of governors meeting facing a potential discussion about when the latest possible date should be to reach an agreement that would save

a shortened season. There is also the strong possibility of more game cancellations by the end of the week.

The NHL and NHLPA took part in two unsuccessful days of meetings with U.S. federal mediators last week before Bettman floated the idea of removing himself and Fehr from talks. The merits of the idea were heavily debated by players and the NHLPA insisted on the need for a handful of staff and lawyers to be present before agreeing to it.

Despite that, it was far from universally accepted.

"I don't entirely agree with leaving the heads of negotiation out of this because they are paid to make a deal," Sabres goalie Ryan Miller told the Buffalo News on Monday. "But if it gets more owners involved then so be it."

THE ASSOCIATED PRESS

Owners vs. players

NHLPA negotiation roster to be announced

Daly and Steve Fehr, the NHLPA's special counsel, are expected to be the highest-ranking officials in the room. The NHL will also be represented by six owners: Burkle, Mark Chipman (Winnipeg), Murray Edwards (Calgary), Larry Tanenbaum (Toronto), Jeff Vinik (Tampa Bay) and Jeremy Jacobs (Boston).

The NHLPA won't reveal its roster until Tuesday.

Crosby, Miller, Jonathan Toews, Marty St. Louis and Kevin Westgarth were among a large group of players expected to be in New York, with the union set to make a late decision on its six representatives.

Sports Illustrated. LeBron James named Sportsman of the Year

When LeBron James learned he was Sports Illustrated's Sportsman of the Year, the Miami Heat star was surprised.

Not because he thought his achievements in 2012 weren't worthy, but because he figured what happened in 2010 was still holding him back.

Apparently, that's no longer the case. The magazine announced its annual choice Monday, with James becoming the first NBA player to win the award since Heat teammate Dwyane Wade in 2006.

"I remember just like yesterday when I signed here and basically, like the roof caved in," James told The Associated Press, referring to the fallout from his infamous decision to leave Cleveland for Miami in 2010. "To see that I and my team and everyone around me was able to patch that roof up, to come to this point, to come to this point and receive such a prestigious award, it's huge."

Past winners include Muhammad Ali, Jack Nicklaus, Wayne Gretzky, Arthur Ashe, Tom Brady, Derek Jeter and Michael Phelps. College basketball coaches Mike Krzyzewski — James' Olympic coach — and Pat Summitt shared the honour last year.

James won essentially all he



The cover of Sports Illustrated's Dec. 10 issue, on sale now, features LeBron James, who has been named the Sports Illustrated Sportsman of the Year 2012. SPORTS ILLUSTRATED

Quoted

"I think people really appreciate him for everything he can do."

Paul Fichtenbaum, Time Inc. Sports Group editor, on the fans' take on LeBron James

could win in 2012: He became an NBA champion for the first time, won the NBA finals MVP trophy, helped the U.S. win Olympic gold for the second time and picked up his third NBA MVP award.

THE ASSOCIATED PRESS

NFL. Redskins topple Giants, pull to within a game of NFC East lead

Robert Griffin III threw for one touchdown and had a fumble turn into another score, and the Washington Redskins pulled within one game of the NFC East lead with a 17-16 win over the New York Giants on Monday night.

The Redskins improved to 6-6 with their third straight victory, tied with the Dallas Cowboys and on the heels of the Giants, who have lost three of four to fall to 7-5.

Griffin completed 13 of 21 passes for 163 yards and ran

Monday Night Football

17	16
Redskins	Giants

five times for 72 yards, breaking Cam Newton's NFL record for yards rushing by a rookie quarterback.

THE ASSOCIATED PRESS

NFL

Chiefs return to practice after tragic weekend

The Kansas City Chiefs returned to work Monday at their practice facility near Arrowhead Stadium, trying to find a sense of normalcy.

It was difficult to do. The locker that once belonged to Jovan Belcher, the linebacker who allegedly killed his girlfriend and then turned the gun on himself Saturday, still had

all his belongings hanging in it.

Coach Romeo Crennel said that "time heals all wounds," and the Chiefs are hopeful the healing has begun.

Kansas City police Sgt. Marisa Barnes said Monday

that authorities hope to deliver an investigative report to prosecutors on Tuesday.

THE ASSOCIATED PRESS



Horoscopes

Aries

March 21 - April 20
Don't expect too much in the way of cooperation from other people. Partners and colleagues will be too busy resolving their own issues to pay much attention to what you are up to, which could work in your favour.

Taurus

April 21 - May 21
You don't have to do something just because someone in a position of authority tells you to do it. Ultimately, you are your own boss and must do only what your conscience can live with. Make sure they know that.

Gemini

May 22 - June 21
You can be impulsive and if you act on the spur of the moment today, there is a risk you will leave yourself open to accusations that you are putting others at risk. Maybe they're right.

Cancer

June 22 - July 23
You may find that your options for action are limited over the next 24 hours but it's no big deal. Stay calm and don't get flustered or frustrated. There's still plenty of time to make your mark on the world.

Leo

July 24 - Aug. 23
Others can sit around worrying about the end of the world but you don't have time for that kind of self-indulgence. Make your plans and then make your move. Others may fear the future but you intend to own it.

Virgo

Aug. 24 - Sept. 23
You need to be a bit more assertive today, especially if you want to show those you work with that you can handle responsibility. Above all you must look calm on the outside, even if you are scared on the inside.

Libra

Sept. 24 - Oct. 23
"Lazy Libra" is a tag that has little if any truth in it and you will prove it today. Your willingness to put in twice as much effort as your colleagues will not go unnoticed nor, in the long-term, unrewarded.

Scorpio

Oct. 24 - Nov. 22
If you allow your anxieties to hold you back today, you will regret it later in the week when you realize how much more you could have done if you had just stuck with it. The only thing to fear is fear itself.

Sagittarius

Nov. 23 - Dec. 21
You may be tempted to cut corners today but it's not a good idea. Almost certainly, what you planned will go wrong and you will end up going the long way round for what should have been a simple journey.

Capricorn

Dec. 22 - Jan. 20
It looks very much like you are on a collision course with someone who has been going out of their way to give you a hard time, and it could get messy. Don't say something that could cost you your job though.

Aquarius

Jan. 21 - Feb. 19
If you find that you are out of your depth in some way today, you must ask for help. It's not a sign of weakness, it's a sign of intelligence. Everyone has their limits but only the wise seem to know it.

Pisces

Feb. 20 - March 20
Timing is everything and according to the planets it's the right time to get involved in a project that involves people from all walks of life, and maybe from all over the world. Join with those who share your dream. **SALLY BROMPTON**

Crossword

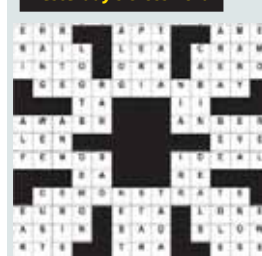
Across

- Star of Home Improvement
- Hood
- Pillow covering
- Flubs
- Actress Hagen
- Nook
- Complied
- Tin Tin
- Opposite of SW
- Alter
- Corporate climber
- Actor Norton
- "Exodus" hero
- Ready — Not
- Not even once
- PVR predecessor
- Leap
- It's — win situation (2 words)
- Ridge
- Who Wants to — a Millionaire?
- Take a rest
- Chau — Chi of Falcon Crest
- Isn't colourfast
- Funnel-shaped wildflower
- Star of CHiPs (init.)
- Road surface
- Relationship woes
- The Bold —
- Summer in Paris
- Censor's target
- Turf
- Casual top
- Whichever

Down

- After-dinner drink
- Tax agency (abbr.)
- Post-wedding title
- Scrape
- Chowed down
- One of baby's first words
- Charleston state

Yesterday's Crossword



What's online

See today's answers
metronews.ca/
answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

1	2	8	6	4	7	3	9	5
5	4	7	9	1	3	8	2	6
3	6	9	8	5	2	1	7	4
4	8	6	3	2	1	7	5	9
2	9	3	5	7	6	4	8	1
7	1	5	4	8	9	2	6	3
9	5	4	7	3	8	6	1	2
8	3	2	1	6	5	9	4	7
6	7	1	2	9	4	5	3	8

6		9				8		1
	4	2	8		5	9	3	
3								7
			2		4			
	9			1			4	
			7		3			
7								2
	2	5	1		8	6	7	
4		3				5		8

BY BETTY MARTIN

- Bugle
- Gung-ho
- Department store section
- E-mail request
- Indicates maiden name
- Patch
- Dutch city
- Wash
- Curves
- Scottish dagger
- A.A. Milne character

- Pat dry
- Flower holder
- Children's author Blyton
- Becomes inedible
- French cheese
- Beak
- Extension
- Actress Michele — of Glee
- Cartoon shrieks
- At the summit
- "Titanic" actor Billy —

- Land measure
- Aid in a crime
- Abbreviation found in an atlas
- Shoeborn letters
- John's "Pulp Fiction" co-star
- Groan inducer
- Pig's abode
- Elsewhere

Today

5°/4°
Partly cloudy

Wednesday

10°/-1°
Rain
90%

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